

Ambrose/Lincoln Elementary School September 2010

Jillian's 5 a Day Veggies!

Color your day the healthy way! Different colored fruits and veggies contain different vitamins and minerals so it's better to eat a variety. Why not try 5 varieties of colored veggies with your favorite dressing or maybe a salad with your favorite toppings.

LUNCH PRICES

Type A Lunch Price	\$3.00
Reduced Lunch Price	\$.40
Milk/Choice	\$.60
Lactaid Milk	\$.60
Soy Milk	\$1.00
Ala-Carte	\$1.25

Prepaid Lunch Tickets Available

5 Lunches=	15.00	20 Lunches=	60.00
10 Lunches=	30.00	30 Lunches=	90.00

Lunch Alternatives

3. Peanut Butter & Jelly Sandwich

4. Peanut Butter & Fluff Sandwich

5. Healthy Choice Salad

Served over a bed of mixed greens with tomato wedges, cucumbers, dressing, whole wheat or plain dinner roll, mozzarella cheese stick and the remainder of the meal.

* Check out our New Salad Alternates



ALL STUDENT LUNCH INCLUDES

Skim Milk, 1% Milk or Low Fat Chocolate Milk / Strawberry Milk/ Lactaid Milk / 100% Juice/ Fresh Vegetable / Fresh Fruit

**If you have a food allergy, please speak to the Director or Lead Server. *Consuming raw or undercooked meat, poultry, seafood, shellfish or eggs may increase your risk of food borne illness, especially if you have certain medical conditions. *Menu is subject to change, notice posted when available. If you have any questions or would like additional information regarding this menu, please contact the food service director*

Kevin Silvia @ 781-721-7033
WE PURCHASE LOCAL!



Produce is purchased through regional suppliers when seasonably available. Visit www.whitsons.com to see all that we are doing to help save the environment!

V = VEGETARIAN SELECTION

🍎 = HEALTHIER CHOICE

P = PORK PRODUCT

MONDAY

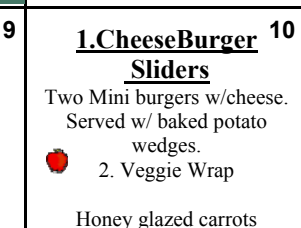
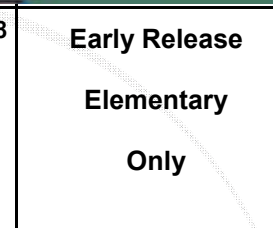
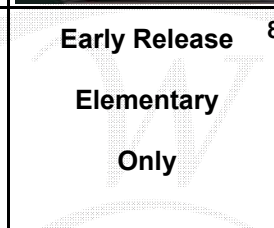
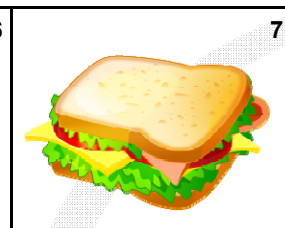
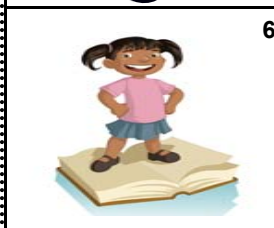
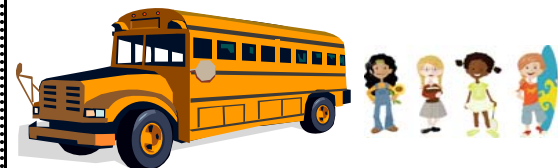
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Welcome Back!



1. Lemon Chicken ¹³
Tender pieces of chicken in a lemon chicken sauce. Served w/ brown rice, & wheat dinner roll
2. Bagel Lunch
Steamed peas

1. Gloria's Pizza ¹⁴
Whole Wheat Cheese Pizza Slice
2. Turkey & Cheese on a wheat bun
Caesar Salad

1. Dog Days ¹⁵
Turkey hot dogs served on a roll w/ pickles & baked pretzel
2. Chef Salad ***New Salad**
Baked Beans

1. Pasta & Meatballs ¹⁶
Whole grain pasta served w/ marinara sauce meatballs, parmesan cheese & Seasoned breadstick.
2. Tuna Salad Sub
Mix Garden Salad
W/LF Dressing

1. Gloria's Pizza ¹⁷
Cheese Pizza slice
2. Italian Sub
Cupped Apple Slices

1. South of the Border Soft Tacos ²⁰
Tender pieces of chicken served in a flour tortilla topped w/ cheddar cheese, shredded lettuce & salsa.
Served w/ mexi- rice
2. Roast beef & Cheese Wrap

1. Gloria's Pizza ²¹
Whole Wheat Cheese Pizza Slice
2. BLT Cheese Wrap
Garden Salad
w/ Light Italian

1. Chicken Parmesan Sandwich ²²
Breaded chicken topped w/ marinara sauce & provolone cheese served on a bun.
Cupped Vanilla pudding
2. Greek Salad ***New Salad**
Steamed Green Beans

1. Roast Turkey Dinner ²³
Roasted Turkey w/ gravy, seasoned stuffing, & mashed potatoes. Cupped
Cranberry sauce
2. Chicken Salad Wheat Wrap
Steamed Corn

1. Gloria's Pizza ²⁴
Cheese Pizza Slice
2. Salami & Cheese Wrap
Chopped Romaine Salad

1. Brunch for Lunch ²⁷
Pancakes w/ syrup served w/ scrambled eggs & sausage.
2. Chicken Caesar Salad
Breadstick ***New Salad**

1. Gloria's Pizza ²⁸
Whole Wheat Cheese Pizza Slice
2. Ham & Cheese on a bun
Romaine Salad

1. Nacho Fiesta ²⁹
Ground Mexi—Turkey served w/ nacho chips, shredded lettuce, cheese & pico (tomato salsa).
2. Bagel Lunch
Fiesta Corn

1. Sweet & Sour Chicken ³⁰
Tender chicken strips tossed in sweet & sour sauce tossed in fresh vegetables w/ lo mien noodles & Eggroll.
2. Chicken Caesar Salad Wrap
Cucumber Wheels
W L/F Dip



DID YOU KNOW? Most products sourced by Whitsons have 0 Trans Fats - Milk & Chicken Products are hormone & antibiotic free - All dressings & ketchup are all natural, with no artificial ingredients & no HFCS (high fructose corn syrup) - All condiments are low fat - Teriyaki sauce & soy sauce are low sodium - Sliced bread, hamburger buns & hot dog buns are 100% w. grain & contain no HFCS - Breads, tortilla wraps, taco shells, nacho chips, panini bread, all natural frozen yogurt, teriyaki